

WEBVTT

00:00:00.000 --> 00:00:02.460 Support for Yale Cancer Answers

NOTE Confidence: 0.8535721

00:00:02.460 --> 00:00:04.920 comes from AstraZeneca, dedicated

NOTE Confidence: 0.8535721

00:00:04.999 --> 00:00:07.344 to advancing options and providing

NOTE Confidence: 0.8535721

00:00:07.344 --> 00:00:10.300 hope for people living with cancer.

NOTE Confidence: 0.8535721

00:00:10.300 --> 00:00:13.700 More information at astrazeneca-us.com.

NOTE Confidence: 0.8535721

00:00:13.700 --> 00:00:15.818 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.8535721

00:00:15.818 --> 00:00:18.129 your host doctor Anees Chagpar.

NOTE Confidence: 0.8535721

00:00:18.130 --> 00:00:19.950 Yale Cancer Answers features the

NOTE Confidence: 0.8535721

00:00:19.950 --> 00:00:22.187 latest information on cancer care by

NOTE Confidence: 0.8535721

00:00:22.187 --> 00:00:23.619 welcoming oncologists and specialists

NOTE Confidence: 0.8535721

00:00:23.619 --> 00:00:26.024 who are in the forefront of the

NOTE Confidence: 0.8535721

00:00:26.024 --> 00:00:27.680 battle to fight cancer. This week,

NOTE Confidence: 0.8535721

00:00:27.680 --> 00:00:29.714 it's a conversation about breast cancer

NOTE Confidence: 0.8535721

00:00:29.714 --> 00:00:31.430 surgery with Doctor Melanie Lynch.

NOTE Confidence: 0.8535721

00:00:31.430 --> 00:00:33.440 Doctor Lynch is an assistant

NOTE Confidence: 0.8535721

00:00:33.440 --> 00:00:35.881 professor and doctor Chagpar is
NOTE Confidence: 0.8535721

00:00:35.881 --> 00:00:37.691 a professor of surgical oncology
NOTE Confidence: 0.8535721

00:00:37.691 --> 00:00:40.010 at the Yale School of Medicine.
00:00:40.400 --> 00:00:42.758 Melanie, maybe we could start off
NOTE Confidence: 0.88535124

00:00:42.758 --> 00:00:45.802 by you telling us a little bit about
NOTE Confidence: 0.88535124

00:00:45.802 --> 00:00:48.118 yourself and about what you do.
NOTE Confidence: 0.88535124

00:00:48.120 --> 00:00:50.752 I have just moved to Connecticut
NOTE Confidence: 0.88535124

00:00:50.752 --> 00:00:53.732 and joined the team at Yale from Northeast
NOTE Confidence: 0.88535124

00:00:53.732 --> 00:00:56.832 Ohio where I have been a surgeon and
NOTE Confidence: 0.88535124

00:00:56.832 --> 00:00:58.917 surgical oncologist for 20 years.
NOTE Confidence: 0.88535124

00:00:58.920 --> 00:01:02.594 My background is all based in Ohio.
NOTE Confidence: 0.88535124

00:01:02.594 --> 00:01:04.870 I graduated from the Ohio State Program
NOTE Confidence: 0.88535124

00:01:04.870 --> 00:01:06.890 Medical Scientist program where my
NOTE Confidence: 0.88535124

00:01:06.890 --> 00:01:08.996 research interest was in molecular
NOTE Confidence: 0.88535124

00:01:08.996 --> 00:01:10.708 biology and signal transduction
NOTE Confidence: 0.88535124

00:01:10.708 --> 00:01:12.848 in breast and ovarian cancer,
NOTE Confidence: 0.88535124

00:01:12.850 --> 00:01:15.594 and then in my third year of medical
NOTE Confidence: 0.88535124

00:01:15.594 --> 00:01:18.955 school I found that surgery was my calling.
NOTE Confidence: 0.88535124

00:01:18.960 --> 00:01:21.697 I did my training in general surgery
NOTE Confidence: 0.88535124

00:01:21.697 --> 00:01:24.068 and surgical oncology at Case Western
NOTE Confidence: 0.88535124

00:01:24.068 --> 00:01:26.330 Reserve in Cleveland and have
NOTE Confidence: 0.88535124

00:01:26.330 --> 00:01:28.600 built a practice in Northeast Ohio
NOTE Confidence: 0.88535124

00:01:28.600 --> 00:01:31.182 where I was most recently the director
NOTE Confidence: 0.88535124

00:01:31.182 --> 00:01:32.706 of the Breast program
NOTE Confidence: 0.88535124

00:01:32.710 --> 00:01:34.940 in the Summa Health System.
NOTE Confidence: 0.88535124

00:01:34.940 --> 00:01:37.596 In that role we helped build a
NOTE Confidence: 0.88535124

00:01:37.596 --> 00:01:40.635 team where we were able to develop
NOTE Confidence: 0.88535124

00:01:40.635 --> 00:01:42.935 comprehensive services for women with
NOTE Confidence: 0.88535124

00:01:43.014 --> 00:01:45.315 breast cancer, including same day.,
NOTE Confidence: 0.88535124

00:01:45.315 --> 00:01:46.560 next day consultations,
NOTE Confidence: 0.88535124

00:01:46.560 --> 00:01:47.805 a multidisciplinary clinic,
NOTE Confidence: 0.88535124

00:01:47.805 --> 00:01:49.050 high risk program,

NOTE Confidence: 0.88535124

00:01:49.050 --> 00:01:51.145 clinical program based on survivorship

NOTE Confidence: 0.88535124

00:01:51.145 --> 00:01:53.672 care and a oncoplastic surgery

NOTE Confidence: 0.88535124

00:01:53.672 --> 00:01:56.227 program to ensure that women had the

NOTE Confidence: 0.88535124

00:01:56.227 --> 00:01:58.832 option for the best long-term outcomes

NOTE Confidence: 0.88535124

00:01:58.832 --> 00:02:01.082 from their breast cancer surgery.

NOTE Confidence: 0.88535124

00:02:01.090 --> 00:02:04.816 Maybe we can talk a little bit about

NOTE Confidence: 0.87053126

00:02:04.820 --> 00:02:07.436 all of those issues that you

NOTE Confidence: 0.87053126

00:02:07.436 --> 00:02:09.950 kind of mentioned that you had

NOTE Confidence: 0.87053126

00:02:09.950 --> 00:02:12.398 developed in your practice in Ohio

NOTE Confidence: 0.87053126

00:02:12.398 --> 00:02:14.649 and presumably will carry on here,

NOTE Confidence: 0.87053126

00:02:14.650 --> 00:02:17.114 so I want to start at the beginning

NOTE Confidence: 0.87053126

00:02:17.114 --> 00:02:19.556 of the breast cancer journey

NOTE Confidence: 0.87053126

00:02:19.556 --> 00:02:21.736 when people don't even know

NOTE Confidence: 0.87053126

00:02:21.736 --> 00:02:24.057 that they have breast cancer.

NOTE Confidence: 0.87053126

00:02:24.060 --> 00:02:26.804 So talk a little bit about screening.

NOTE Confidence: 0.87053126

00:02:26.810 --> 00:02:29.970 This is one of the areas that I think a
NOTE Confidence: 0.87053126

00:02:30.051 --> 00:02:32.886 lot of people have questions about in
NOTE Confidence: 0.87053126

00:02:32.886 --> 00:02:36.208 terms of who should get screened when,
NOTE Confidence: 0.87053126

00:02:36.210 --> 00:02:38.170 how frequently and with what.
NOTE Confidence: 0.86673623

00:02:39.130 --> 00:02:41.518 That's an excellent question,
NOTE Confidence: 0.86673623

00:02:41.520 --> 00:02:44.336 and I think those of us who have
NOTE Confidence: 0.86673623

00:02:44.336 --> 00:02:47.078 been working in the field for quite
NOTE Confidence: 0.86673623

00:02:47.078 --> 00:02:49.900 awhile also have those same questions.
NOTE Confidence: 0.86673623

00:02:49.900 --> 00:02:51.692 The data is evolving.
NOTE Confidence: 0.86673623

00:02:51.692 --> 00:02:54.380 We have thought about cancer screening
NOTE Confidence: 0.86673623

00:02:54.464 --> 00:02:57.216 as age based that at a certain age
NOTE Confidence: 0.86673623

00:02:57.216 --> 00:02:59.536 women would begin to get mammograms
NOTE Confidence: 0.86673623

00:02:59.536 --> 00:03:02.304 and we would choose that age to
NOTE Confidence: 0.86673623

00:03:02.304 --> 00:03:04.908 begin screening based upon the best
NOTE Confidence: 0.86673623

00:03:04.908 --> 00:03:07.398 epidemiological data or the data of
NOTE Confidence: 0.86673623

00:03:07.398 --> 00:03:09.618 what we know about the population.

NOTE Confidence: 0.86673623

00:03:09.620 --> 00:03:12.386 Incidence of cancer as a whole.

NOTE Confidence: 0.86673623

00:03:12.390 --> 00:03:14.650 Overtime, we've really come to

NOTE Confidence: 0.86673623

00:03:14.650 --> 00:03:16.910 understand that screening should be

NOTE Confidence: 0.86673623

00:03:16.983 --> 00:03:19.475 risk based that some women are at

NOTE Confidence: 0.86673623

00:03:19.475 --> 00:03:21.684 increased risk for breast cancer and

NOTE Confidence: 0.86673623

00:03:21.684 --> 00:03:24.572 that increased risk may put them at risk

NOTE Confidence: 0.86673623

00:03:24.572 --> 00:03:27.316 at even younger ages than other women,

NOTE Confidence: 0.86673623

00:03:27.320 --> 00:03:29.195 and so developing guidelines that

NOTE Confidence: 0.86673623

00:03:29.195 --> 00:03:31.650 take risk into account is complex.

NOTE Confidence: 0.86673623

00:03:31.650 --> 00:03:34.394 So we have competing guidelines that say,

NOTE Confidence: 0.86673623

00:03:34.400 --> 00:03:37.725 well, maybe some women should be screened

NOTE Confidence: 0.86673623

00:03:37.725 --> 00:03:41.077 starting at age 40 or 45 or 50,

NOTE Confidence: 0.86673623

00:03:41.080 --> 00:03:43.120 but we really should take

NOTE Confidence: 0.86673623

00:03:43.120 --> 00:03:44.648 all the other components

NOTE Confidence: 0.86673623

00:03:44.648 --> 00:03:46.176 of risk into account,

NOTE Confidence: 0.86673623

00:03:46.180 --> 00:03:48.448 including family history,
NOTE Confidence: 0.86673623

00:03:48.450 --> 00:03:49.428 estrogen exposure,
NOTE Confidence: 0.86673623

00:03:49.428 --> 00:03:49.917 obesity,
NOTE Confidence: 0.86673623

00:03:49.917 --> 00:03:52.851 all of these other components of
NOTE Confidence: 0.86673623

00:03:52.851 --> 00:03:55.677 risk to help define the best age
NOTE Confidence: 0.86673623

00:03:55.677 --> 00:03:58.034 to start screening and then the
NOTE Confidence: 0.86673623

00:03:58.034 --> 00:04:00.350 best tools to use for screening.
NOTE Confidence: 0.86673623

00:04:00.350 --> 00:04:03.566 So as we move towards risk based screening,
NOTE Confidence: 0.86673623

00:04:03.570 --> 00:04:05.540 an important component of that
NOTE Confidence: 0.86673623

00:04:05.540 --> 00:04:07.116 is understanding family history
NOTE Confidence: 0.86673623

00:04:07.116 --> 00:04:09.188 and hereditary risk for cancer.
NOTE Confidence: 0.85668033

00:04:12.060 --> 00:04:14.690 So tell us more about that,
NOTE Confidence: 0.85668033

00:04:16.964 --> 00:04:20.350 if you have a relative, maybe your mother
NOTE Confidence: 0.85668033

00:04:20.350 --> 00:04:24.050 was diagnosed when she was 74 years old,
NOTE Confidence: 0.85668033

00:04:24.050 --> 00:04:26.762 but nobody else in the family
NOTE Confidence: 0.85668033

00:04:26.762 --> 00:04:29.120 has breast cancer is that

NOTE Confidence: 0.85668033

00:04:29.120 --> 00:04:32.846 the same as if somebody's you

NOTE Confidence: 0.85668033

00:04:32.846 --> 00:04:36.490 know paternal aunt was diagnosed at 35,

NOTE Confidence: 0.85668033

00:04:36.490 --> 00:04:40.819 how do you kind of wrap your head around

NOTE Confidence: 0.85668033

00:04:40.820 --> 00:04:43.065 familial risk and how

NOTE Confidence: 0.85668033

00:04:43.065 --> 00:04:45.310 do you advise patients on

NOTE Confidence: 0.85668033

00:04:45.310 --> 00:04:47.830 when an individual should get screened

NOTE Confidence: 0.85668033

00:04:47.830 --> 00:04:50.889 and with what modality that should happen?

NOTE Confidence: 0.8831338

00:04:52.670 --> 00:04:54.884 That's an excellent way to frame

NOTE Confidence: 0.8831338

00:04:54.884 --> 00:04:57.153 the question because we know breast

NOTE Confidence: 0.8831338

00:04:57.153 --> 00:04:59.325 cancer is a very common disease,

NOTE Confidence: 0.8831338

00:04:59.330 --> 00:05:01.465 so we expect one in eight women

NOTE Confidence: 0.8831338

00:05:01.465 --> 00:05:03.779 in the United States will develop

NOTE Confidence: 0.8831338

00:05:03.779 --> 00:05:05.984 breast cancer in their lifetime,

NOTE Confidence: 0.8831338

00:05:05.990 --> 00:05:08.391 so it's in most families, there will

NOTE Confidence: 0.8831338

00:05:08.391 --> 00:05:11.170 be a relative who's had breast cancer.

NOTE Confidence: 0.8831338

00:05:11.170 --> 00:05:13.978 It's when there are multiple relatives in the
NOTE Confidence: 0.8831338

00:05:13.978 --> 00:05:16.717 family with breast cancer or ovarian cancer,
NOTE Confidence: 0.8831338

00:05:16.720 --> 00:05:19.856 and when those relatives are diagnosed at
NOTE Confidence: 0.8831338

00:05:19.856 --> 00:05:22.878 a relatively young age less than age 50
NOTE Confidence: 0.8831338

00:05:22.880 --> 00:05:25.442 that we begin to have a suspicion
NOTE Confidence: 0.8831338

00:05:25.442 --> 00:05:28.318 that there may be a hereditary risk
NOTE Confidence: 0.8831338

00:05:28.318 --> 00:05:30.438 for cancer in those families.
NOTE Confidence: 0.8831338

00:05:30.440 --> 00:05:33.608 A good rule of thumb is what I teach
NOTE Confidence: 0.8831338

00:05:33.608 --> 00:05:36.408 my residence, the 3-2-1rule.
NOTE Confidence: 0.8831338

00:05:36.410 --> 00:05:39.091 If there are three or more relatives
NOTE Confidence: 0.8831338

00:05:39.091 --> 00:05:40.790 with breast or ovarian cancer,
NOTE Confidence: 0.8831338

00:05:40.790 --> 00:05:43.178 if there are two primary relatives,
NOTE Confidence: 0.8831338

00:05:43.180 --> 00:05:43.976 mother, sister,
NOTE Confidence: 0.8831338

00:05:43.976 --> 00:05:45.568 daughter with breast cancer,
NOTE Confidence: 0.8831338

00:05:45.570 --> 00:05:48.426 or if there is one relative with
NOTE Confidence: 0.8831338

00:05:48.426 --> 00:05:50.738 breast cancer at a young age,

NOTE Confidence: 0.8831338

00:05:50.740 --> 00:05:52.920 cancer in both breasts, or

NOTE Confidence: 0.8831338

00:05:52.920 --> 00:05:54.504 breast and ovarian cancer,

NOTE Confidence: 0.8831338

00:05:54.504 --> 00:05:57.612 that's kind of a quick sketch of

NOTE Confidence: 0.8831338

00:05:57.612 --> 00:06:00.220 what a high risk family might look like,

NOTE Confidence: 0.8831338

00:06:00.220 --> 00:06:02.940 and so most of us have had patients

NOTE Confidence: 0.8831338

00:06:02.940 --> 00:06:05.498 who've come to our office that might

NOTE Confidence: 0.8831338

00:06:05.498 --> 00:06:07.890 have a mother with breast cancer,

NOTE Confidence: 0.8831338

00:06:07.890 --> 00:06:10.424 but she was the only relative and

NOTE Confidence: 0.8831338

00:06:10.424 --> 00:06:12.355 she was diagnosed after menopause

NOTE Confidence: 0.8831338

00:06:12.355 --> 00:06:15.043 and that would be kind of the

NOTE Confidence: 0.8831338

00:06:15.043 --> 00:06:17.168 baseline risk of cancer that we

NOTE Confidence: 0.8831338

00:06:17.168 --> 00:06:19.570 see in the population as a whole.

NOTE Confidence: 0.8831338

00:06:19.570 --> 00:06:22.920 And we know 75% of breast cancer cases are

NOTE Confidence: 0.8831338

00:06:22.920 --> 00:06:24.416 unrelated to family history,

NOTE Confidence: 0.8831338

00:06:24.416 --> 00:06:27.096 it's the 10% of breast cancer cases

NOTE Confidence: 0.8831338

00:06:27.096 --> 00:06:29.430 that are related to hereditary risk
NOTE Confidence: 0.8831338

00:06:29.504 --> 00:06:31.807 that we can help identify by
NOTE Confidence: 0.8831338

00:06:31.807 --> 00:06:33.641 taking a detailed family history
NOTE Confidence: 0.8831338

00:06:33.641 --> 00:06:35.975 and that women themselves can begin
NOTE Confidence: 0.8831338

00:06:35.975 --> 00:06:38.764 to sort out as they talk to their
NOTE Confidence: 0.8831338

00:06:38.764 --> 00:06:41.014 relatives and figure out what
NOTE Confidence: 0.8831338

00:06:41.014 --> 00:06:43.114 their extended family looks like.
NOTE Confidence: 0.860318

00:06:44.580 --> 00:06:47.908 So, let's breakdown those two groups then.
NOTE Confidence: 0.860318

00:06:47.910 --> 00:06:51.663 So for the people who are at, as you
NOTE Confidence: 0.860318

00:06:51.663 --> 00:06:54.216 called it, baseline or average risk,
NOTE Confidence: 0.860318

00:06:54.216 --> 00:06:57.275 maybe there's nobody in their family who
NOTE Confidence: 0.860318

00:06:57.275 --> 00:06:59.970 has history of breast or ovarian cancer,
NOTE Confidence: 0.860318

00:06:59.970 --> 00:07:01.634 maybe their mother was
NOTE Confidence: 0.860318

00:07:01.634 --> 00:07:03.298 diagnosed post menopause,
NOTE Confidence: 0.860318

00:07:03.300 --> 00:07:05.380 what do you recommend for
NOTE Confidence: 0.860318

00:07:05.380 --> 00:07:07.460 them in terms of screening?

NOTE Confidence: 0.860318

00:07:07.460 --> 00:07:09.540 When should they start screening?

NOTE Confidence: 0.860318

00:07:09.540 --> 00:07:12.445 How frequently should they screen and with

NOTE Confidence: 0.860318

00:07:12.450 --> 00:07:15.084 what modality?

NOTE Confidence: 0.860318

00:07:15.084 --> 00:07:17.120 The American Cancer Society guidelines tend to be

NOTE Confidence: 0.860318

00:07:17.120 --> 00:07:19.710 a good balance between the

NOTE Confidence: 0.860318

00:07:19.710 --> 00:07:21.782 competing guidelines from different

NOTE Confidence: 0.860318

00:07:21.782 --> 00:07:23.777 professional societies and the

NOTE Confidence: 0.860318

00:07:23.777 --> 00:07:26.122 American Cancer Society says to

NOTE Confidence: 0.860318

00:07:26.122 --> 00:07:28.449 consider screening starting at age 40,

NOTE Confidence: 0.860318

00:07:28.450 --> 00:07:30.338 but certainly start screening

NOTE Confidence: 0.860318

00:07:30.338 --> 00:07:32.698 by the age of 45.

NOTE Confidence: 0.860318

00:07:32.700 --> 00:07:35.255 That mammography is the best

NOTE Confidence: 0.860318

00:07:35.255 --> 00:07:37.299 screening modality that women

NOTE Confidence: 0.860318

00:07:37.299 --> 00:07:40.011 should be screened of average risk

NOTE Confidence: 0.860318

00:07:40.011 --> 00:07:42.610 to be screened every other year.

NOTE Confidence: 0.85482615

00:07:45.840 --> 00:07:48.438 And with the consideration for screening

NOTE Confidence: 0.85482615

00:07:48.438 --> 00:07:51.475 every year for women who might have

NOTE Confidence: 0.85482615

00:07:51.475 --> 00:07:54.352 increased risk or have dense breast tissue,

NOTE Confidence: 0.85482615

00:07:54.360 --> 00:07:59.270 so those guidelines seem to be the best.

NOTE Confidence: 0.8555667

00:08:03.160 --> 00:08:04.644 And when should people

NOTE Confidence: 0.8555667

00:08:04.644 --> 00:08:06.499 stop screening?

NOTE Confidence: 0.8555667

00:08:06.500 --> 00:08:09.128 I mean should should people continue

NOTE Confidence: 0.8555667

00:08:09.128 --> 00:08:11.907 to screen well into their 80s and

NOTE Confidence: 0.8555667

00:08:11.907 --> 00:08:14.525 90s or is there a point at which

NOTE Confidence: 0.8555667

00:08:14.525 --> 00:08:17.277 you say you no longer need to get

NOTE Confidence: 0.8555667

00:08:17.277 --> 00:08:19.480 that annual or every two year

NOTE Confidence: 0.8555667

00:08:19.480 --> 00:08:22.910 mammogram?

NOTE Confidence: 0.8555667

00:08:22.910 --> 00:08:24.269 Very interesting question,

NOTE Confidence: 0.8555667

00:08:24.269 --> 00:08:26.081 because the general guideline

NOTE Confidence: 0.8555667

00:08:26.081 --> 00:08:28.525 is to stop screening within the

NOTE Confidence: 0.8555667

00:08:28.525 --> 00:08:31.338 last 10 years of life and for the
NOTE Confidence: 0.8555667

00:08:31.338 --> 00:08:33.600 average woman in the United States,
NOTE Confidence: 0.8555667

00:08:33.600 --> 00:08:36.768 the life expectancy is at 84.
NOTE Confidence: 0.8555667

00:08:36.770 --> 00:08:39.950 So we would say stop screening
NOTE Confidence: 0.8555667

00:08:39.950 --> 00:08:42.580 somewhere in your mid 70s.
NOTE Confidence: 0.8555667

00:08:42.580 --> 00:08:44.687 It's hard to predict what the
NOTE Confidence: 0.8555667

00:08:44.687 --> 00:08:46.849 last 10 years of life are though,
NOTE Confidence: 0.8555667

00:08:46.850 --> 00:08:48.270 so that's often a discussion
NOTE Confidence: 0.8555667

00:08:48.270 --> 00:08:49.690 that a woman should have with
NOTE Confidence: 0.8555667

00:08:49.748 --> 00:08:51.120 her primary care physician.
NOTE Confidence: 0.87842333

00:08:52.410 --> 00:08:54.400 And what about clinical breast
NOTE Confidence: 0.87842333

00:08:54.400 --> 00:08:56.390 exam and self breast exam?
NOTE Confidence: 0.87842333

00:08:56.390 --> 00:08:58.784 Do you recommend that to your
NOTE Confidence: 0.87842333

00:08:58.784 --> 00:09:01.960 patients or has that fallen out of
NOTE Confidence: 0.87842333

00:09:01.960 --> 00:09:03.340 favor?
NOTE Confidence: 0.87842333

00:09:03.340 --> 00:09:05.410 I do recommend that to patients

NOTE Confidence: 0.87842333

00:09:05.484 --> 00:09:07.819 because many breast cancers are

NOTE Confidence: 0.87842333

00:09:07.819 --> 00:09:09.687 identified by women themselves

NOTE Confidence: 0.87842333

00:09:09.687 --> 00:09:12.428 on their self exam and the large

NOTE Confidence: 0.87842333

00:09:12.428 --> 00:09:14.740 trials that have been done looking

NOTE Confidence: 0.87842333

00:09:14.740 --> 00:09:17.260 at self breast exam and clinical

NOTE Confidence: 0.87842333

00:09:17.260 --> 00:09:19.907 breast exam have not been able to

NOTE Confidence: 0.87842333

00:09:19.907 --> 00:09:22.380 show a benefit in overall survival

NOTE Confidence: 0.87842333

00:09:22.380 --> 00:09:24.426 by using those as screening tools,

NOTE Confidence: 0.87842333

00:09:24.430 --> 00:09:26.439 but we know that they do have

NOTE Confidence: 0.87842333

00:09:26.439 --> 00:09:28.548 value in that women will often

NOTE Confidence: 0.87842333

00:09:28.548 --> 00:09:30.906 identify cancers on their self exam.

NOTE Confidence: 0.87842333

00:09:30.910 --> 00:09:33.004 So I recommend patients continue to

NOTE Confidence: 0.87842333

00:09:33.004 --> 00:09:35.497 do self breast exam to be familiar

NOTE Confidence: 0.87842333

00:09:35.497 --> 00:09:37.555 with their breasts and changes in

NOTE Confidence: 0.87842333

00:09:37.555 --> 00:09:40.182 their breast and that women who are at

NOTE Confidence: 0.87842333

00:09:40.182 --> 00:09:42.163 increased risk for breast cancer have
NOTE Confidence: 0.87842333

00:09:42.163 --> 00:09:44.550 a clinical breast exam every six months.
NOTE Confidence: 0.85398006

00:09:46.110 --> 00:09:48.721 And so let's talk about that
NOTE Confidence: 0.85398006

00:09:48.721 --> 00:09:50.777 population who are at increased
NOTE Confidence: 0.85398006

00:09:50.777 --> 00:09:52.932 risk aside from the clinical
NOTE Confidence: 0.85398006

00:09:52.932 --> 00:09:55.109 breast exam every six months.
NOTE Confidence: 0.85398006

00:09:55.110 --> 00:09:56.433 Two questions. First,
NOTE Confidence: 0.85398006

00:09:56.433 --> 00:09:58.197 when should those clinical
NOTE Confidence: 0.85398006

00:09:58.197 --> 00:10:00.119 breast exams start and second,
NOTE Confidence: 0.85398006

00:10:00.120 --> 00:10:02.262 what other modalities do you
NOTE Confidence: 0.85398006

00:10:02.262 --> 00:10:04.639 use in that high risk population
NOTE Confidence: 0.85398006

00:10:04.639 --> 00:10:07.830 to screen for breast cancer?
NOTE Confidence: 0.8948246

00:10:07.830 --> 00:10:09.797 So the women who are at increased
NOTE Confidence: 0.8948246

00:10:09.797 --> 00:10:11.654 risk for breast cancer will often
NOTE Confidence: 0.8948246

00:10:11.654 --> 00:10:13.562 have a family history of cancer.
NOTE Confidence: 0.8948246

00:10:13.570 --> 00:10:16.272 They may have a history of radiation

NOTE Confidence: 0.8948246

00:10:16.272 --> 00:10:19.480 to their chest at a young age for

NOTE Confidence: 0.8948246

00:10:19.480 --> 00:10:21.450 the treatment of another disease.

NOTE Confidence: 0.8948246

00:10:21.450 --> 00:10:23.515 Or they may have other

NOTE Confidence: 0.8948246

00:10:23.515 --> 00:10:25.167 risk factors like obesity.

NOTE Confidence: 0.8948246

00:10:25.170 --> 00:10:26.818 Those all increase your

NOTE Confidence: 0.8948246

00:10:26.818 --> 00:10:28.466 risk of breast cancer,

NOTE Confidence: 0.8948246

00:10:28.470 --> 00:10:30.540 and by using statistical models,

NOTE Confidence: 0.8948246

00:10:30.540 --> 00:10:33.036 if we think that their lifetime

NOTE Confidence: 0.8948246

00:10:33.036 --> 00:10:35.489 risk might be greater than 20%,

NOTE Confidence: 0.8948246

00:10:35.490 --> 00:10:38.122 those are the women that we would

NOTE Confidence: 0.8948246

00:10:38.122 --> 00:10:40.040 recommend high risk follow-up,

NOTE Confidence: 0.8948246

00:10:40.040 --> 00:10:42.465 which would include this clinical

NOTE Confidence: 0.8948246

00:10:42.465 --> 00:10:45.457 breast exam every six months and

NOTE Confidence: 0.8948246

00:10:45.457 --> 00:10:47.882 screening both with mammogram and

NOTE Confidence: 0.8948246

00:10:47.882 --> 00:10:50.530 possibly with breast MRI as well.

NOTE Confidence: 0.8948246

00:10:50.530 --> 00:10:52.774 And so for my patients that
NOTE Confidence: 0.8948246

00:10:52.774 --> 00:10:54.270 fall into that category,
NOTE Confidence: 0.8948246

00:10:54.270 --> 00:10:56.888 I often see them twice a year,
NOTE Confidence: 0.8948246

00:10:56.890 --> 00:10:59.380 or I'll alternate that clinical exam
NOTE Confidence: 0.8948246

00:10:59.380 --> 00:11:01.942 with their primary care physician and
NOTE Confidence: 0.8948246

00:11:01.942 --> 00:11:04.847 then screen with both mammogram and MRI.
NOTE Confidence: 0.8948246

00:11:04.850 --> 00:11:06.830 We will recommend starting high risk
NOTE Confidence: 0.8948246

00:11:06.830 --> 00:11:09.575 screening at an age that seems to be
NOTE Confidence: 0.8948246

00:11:09.575 --> 00:11:11.621 either reflected in their family history.
NOTE Confidence: 0.8948246

00:11:11.630 --> 00:11:12.264 For example,
NOTE Confidence: 0.8948246

00:11:12.264 --> 00:11:14.800 if they have a number of relatives who
NOTE Confidence: 0.8948246

00:11:14.870 --> 00:11:17.048 develop breast cancer in their 40s,
NOTE Confidence: 0.8948246

00:11:17.050 --> 00:11:17.489 well,
NOTE Confidence: 0.8948246

00:11:17.489 --> 00:11:19.684 then we should begin screening
NOTE Confidence: 0.8948246

00:11:19.684 --> 00:11:22.356 at 10 years younger or begin
NOTE Confidence: 0.8948246

00:11:22.356 --> 00:11:24.028 screening in their 30s.

NOTE Confidence: 0.8948246

00:11:24.030 --> 00:11:25.926 So the age at which we would start

NOTE Confidence: 0.8948246

00:11:25.926 --> 00:11:27.658 this high risk screening is really

NOTE Confidence: 0.8948246

00:11:27.658 --> 00:11:30.010 based upon a family history can give us

NOTE Confidence: 0.8948246

00:11:30.010 --> 00:11:31.946 some clues as the best time to start.

NOTE Confidence: 0.8436555

00:11:33.120 --> 00:11:36.384 Great, so moving on to think about

NOTE Confidence: 0.8436555

00:11:36.384 --> 00:11:39.568 patients who have gone through screening.

NOTE Confidence: 0.8436555

00:11:39.570 --> 00:11:41.875 And let's say they've been

NOTE Confidence: 0.8436555

00:11:41.875 --> 00:11:43.719 diagnosed with breast cancer.

NOTE Confidence: 0.8436555

00:11:43.720 --> 00:11:46.674 The other thing that you had mentioned

NOTE Confidence: 0.8436555

00:11:46.674 --> 00:11:50.483 at the top of this show was this

NOTE Confidence: 0.8436555

00:11:50.483 --> 00:11:52.938 move towards oncoplastic surgery.

NOTE Confidence: 0.8436555

00:11:52.940 --> 00:11:56.167 Can you define that term for us?

NOTE Confidence: 0.86671805

00:11:56.790 --> 00:11:58.745 Oncoplastic surgery is using

NOTE Confidence: 0.86671805

00:11:58.745 --> 00:12:00.309 the best surgical techniques,

NOTE Confidence: 0.86671805

00:12:00.310 --> 00:12:03.020 including techniques that are borrowed

NOTE Confidence: 0.86671805

00:12:03.020 --> 00:12:05.730 from our plastic surgery colleagues
NOTE Confidence: 0.86671805

00:12:05.812 --> 00:12:08.430 to achieve a complete resection of a
NOTE Confidence: 0.86671805

00:12:08.430 --> 00:12:11.238 tumor and then to achieve an optimal
NOTE Confidence: 0.86671805

00:12:11.240 --> 00:12:15.420 cosmetic outcome for the breast.
NOTE Confidence: 0.8524715

00:12:15.420 --> 00:12:19.298 So how do you do that exactly?
NOTE Confidence: 0.8524715

00:12:19.300 --> 00:12:22.804 I mean, is this for people
NOTE Confidence: 0.8524715

00:12:22.804 --> 00:12:25.140 who are undergoing partial
NOTE Confidence: 0.8524715

00:12:25.260 --> 00:12:28.348 mastectomy or lumpectomy?
NOTE Confidence: 0.8524715

00:12:28.350 --> 00:12:31.116 Or are we really talking about
NOTE Confidence: 0.8524715

00:12:31.116 --> 00:12:32.499 reconstruction after mastectomy?
NOTE Confidence: 0.892574

00:12:33.350 --> 00:12:35.684 Both techniques, and so we
NOTE Confidence: 0.892574

00:12:35.684 --> 00:12:38.190 know that most women with breast
NOTE Confidence: 0.892574

00:12:38.190 --> 00:12:40.370 cancer are going to survive.
NOTE Confidence: 0.892574

00:12:40.370 --> 00:12:42.848 This is a very curable disease,
NOTE Confidence: 0.892574

00:12:42.850 --> 00:12:45.524 and so as we plan our operations
NOTE Confidence: 0.892574

00:12:45.524 --> 00:12:48.392 we want to achieve two things

NOTE Confidence: 0.892574

00:12:48.392 --> 00:12:51.520 we want to achieve cure of course,

NOTE Confidence: 0.892574

00:12:51.520 --> 00:12:54.856 but we also want to achieve a good

NOTE Confidence: 0.892574

00:12:54.856 --> 00:12:58.031 functional and cosmetic outcome for our

NOTE Confidence: 0.892574

00:12:58.031 --> 00:13:01.403 patients and so these operations include

NOTE Confidence: 0.892574

00:13:01.410 --> 00:13:02.676 both breast conservation,

NOTE Confidence: 0.892574

00:13:02.676 --> 00:13:04.786 where we're doing a lumpectomy

NOTE Confidence: 0.892574

00:13:04.786 --> 00:13:07.108 and only removing the area where

NOTE Confidence: 0.892574

00:13:07.108 --> 00:13:09.214 the tumor is and approaches to

NOTE Confidence: 0.892574

00:13:09.283 --> 00:13:11.299 mastectomy with reconstruction.

NOTE Confidence: 0.892574

00:13:11.300 --> 00:13:13.743 An example of an operation we might

NOTE Confidence: 0.892574

00:13:13.743 --> 00:13:16.273 do for someone who is undergoing

NOTE Confidence: 0.892574

00:13:16.273 --> 00:13:18.628 breast conservation or a lumpectomy

NOTE Confidence: 0.892574

00:13:18.630 --> 00:13:20.760 would be an

NOTE Confidence: 0.892574

00:13:20.760 --> 00:13:21.948 operation where we remove

NOTE Confidence: 0.892574

00:13:21.948 --> 00:13:23.730 the area where the tumor is,

NOTE Confidence: 0.892574

00:13:23.730 --> 00:13:25.422 and we reshape and maybe we

NOTE Confidence: 0.892574

00:13:25.422 --> 00:13:27.289 reduce the size of the breast.

NOTE Confidence: 0.892574

00:13:27.290 --> 00:13:29.950 We make sure that the nipple areolar

NOTE Confidence: 0.892574

00:13:29.950 --> 00:13:33.069 complex is in the middle of the breast

NOTE Confidence: 0.892574

00:13:33.070 --> 00:13:34.876 if we've removed a certain quadrant

NOTE Confidence: 0.892574

00:13:34.876 --> 00:13:36.922 then that will give a better

NOTE Confidence: 0.892574

00:13:36.922 --> 00:13:38.749 outcome in a better shape to the

NOTE Confidence: 0.892574

00:13:38.811 --> 00:13:40.545 breast and also make sure that

NOTE Confidence: 0.892574

00:13:40.545 --> 00:13:42.000 the tumor is removed completely.

NOTE Confidence: 0.8572117

00:13:42.750 --> 00:13:44.718 Terrific, we're going to pick up

NOTE Confidence: 0.8572117

00:13:44.718 --> 00:13:47.282 and learn a lot more about all

NOTE Confidence: 0.8572117

00:13:47.282 --> 00:13:49.242 of the different techniques that

NOTE Confidence: 0.8572117

00:13:49.242 --> 00:13:51.889 you use in oncoplastic surgery

NOTE Confidence: 0.8572117

00:13:51.890 --> 00:13:54.038 right after we take a short

NOTE Confidence: 0.8572117

00:13:54.038 --> 00:13:56.090 break for a medical minute.

NOTE Confidence: 0.8572117

00:13:56.090 --> 00:13:58.376 Please stay tuned to learn more

NOTE Confidence: 0.8572117

00:13:58.376 --> 00:14:00.280 about surgery for breast cancer

NOTE Confidence: 0.8572117

00:14:00.280 --> 00:14:02.566 with my guest doctor Melanie Lynch.

NOTE Confidence: 0.8572117

00:14:02.566 --> 00:14:04.567 Support for Yale Cancer Answers

NOTE Confidence: 0.8572117

00:14:04.567 --> 00:14:07.009 comes from AstraZeneca, working to

NOTE Confidence: 0.8572117

00:14:07.009 --> 00:14:09.418 eliminate cancer as a cause of death.

NOTE Confidence: 0.8572117

00:14:09.420 --> 00:14:12.340 Learn more at astrazeneca-us.com.

NOTE Confidence: 0.8572117

00:14:12.340 --> 00:14:15.749 This is a medical minute about survivorship.

NOTE Confidence: 0.8572117

00:14:15.750 --> 00:14:17.450 Completing treatment for cancer

NOTE Confidence: 0.8572117

00:14:17.450 --> 00:14:19.575 is a very exciting milestone,

NOTE Confidence: 0.8572117

00:14:19.580 --> 00:14:22.838 but cancer and its treatment can be a life

NOTE Confidence: 0.8572117

00:14:22.838 --> 00:14:25.548 changing experience for cancer survivors.

NOTE Confidence: 0.8572117

00:14:25.550 --> 00:14:27.986 The return to normal activities and

NOTE Confidence: 0.8572117

00:14:27.986 --> 00:14:30.094 relationships can be difficult and

NOTE Confidence: 0.8572117

00:14:30.094 --> 00:14:32.159 some survivors face long-term side

NOTE Confidence: 0.8572117

00:14:32.159 --> 00:14:34.490 effects resulting from their treatment,

NOTE Confidence: 0.8572117

00:14:34.490 --> 00:14:35.768 including heart problems,
NOTE Confidence: 0.8572117

00:14:35.768 --> 00:14:37.046 osteoporosis, fertility issues,
NOTE Confidence: 0.8572117

00:14:37.050 --> 00:14:40.025 and an increased risk of 2nd cancers.
NOTE Confidence: 0.8572117

00:14:40.030 --> 00:14:42.305 Resources are available to help
NOTE Confidence: 0.8572117

00:14:42.305 --> 00:14:44.125 keep cancer survivors well and
NOTE Confidence: 0.8572117

00:14:44.125 --> 00:14:45.860 focused on healthy living.
NOTE Confidence: 0.8572117

00:14:45.860 --> 00:14:47.932 More information is available
NOTE Confidence: 0.8572117

00:14:47.932 --> 00:14:48.968 at yalecancercenter.org.
NOTE Confidence: 0.8572117

00:14:48.970 --> 00:14:53.086 You're listening to Connecticut Public Radio.
NOTE Confidence: 0.8572117

00:14:53.090 --> 00:14:53.530 Welcome
NOTE Confidence: 0.8523775

00:14:53.530 --> 00:14:55.720 back to Yale Cancer Answers.
NOTE Confidence: 0.8523775

00:14:55.720 --> 00:14:59.473 I'm doctor Anees Chagpar, and I'm joined
NOTE Confidence: 0.8523775

00:14:59.473 --> 00:15:02.730 tonight by my guest doctor Melanie Lynch.
NOTE Confidence: 0.8523775

00:15:02.730 --> 00:15:04.478 We're talking about breast
NOTE Confidence: 0.8523775

00:15:04.478 --> 00:15:06.226 cancer surgery and Melanie,
NOTE Confidence: 0.8523775

00:15:06.230 --> 00:15:09.065 right before the break we were starting

NOTE Confidence: 0.8523775

00:15:09.065 --> 00:15:11.918 a conversation on oncoplastic surgery,

NOTE Confidence: 0.8523775

00:15:11.920 --> 00:15:14.678 which you had told us was really

NOTE Confidence: 0.8523775

00:15:14.678 --> 00:15:16.740 combining oncologic principles

NOTE Confidence: 0.8523775

00:15:16.740 --> 00:15:20.164 and how we can get breast cancer out of

NOTE Confidence: 0.8523775

00:15:20.164 --> 00:15:23.310 people with clean margins and so on,

NOTE Confidence: 0.8523775

00:15:23.310 --> 00:15:26.088 and combining it with the best

NOTE Confidence: 0.8523775

00:15:26.090 --> 00:15:28.850 practices from plastic surgery to provide

NOTE Confidence: 0.8523775

00:15:28.850 --> 00:15:31.610 a wonderful cosmetic outcome.

NOTE Confidence: 0.8523775

00:15:31.610 --> 00:15:34.394 And you started by telling us

NOTE Confidence: 0.8523775

00:15:34.394 --> 00:15:36.781 that these techniques are

NOTE Confidence: 0.8523775

00:15:36.781 --> 00:15:39.861 things that you can use in breast

NOTE Confidence: 0.8523775

00:15:39.861 --> 00:15:42.648 conservation as well as in mastectomy.

NOTE Confidence: 0.8523775

00:15:42.650 --> 00:15:46.050 So in the last example that you were

NOTE Confidence: 0.8523775

00:15:46.050 --> 00:15:48.924 talking about right before the break

NOTE Confidence: 0.8523775

00:15:48.924 --> 00:15:52.371 you were mentioning that you could do

NOTE Confidence: 0.8523775

00:15:52.371 --> 00:15:55.065 this by making the breast smaller,
NOTE Confidence: 0.8523775

00:15:55.070 --> 00:15:56.069 which is great
NOTE Confidence: 0.8523775

00:15:56.069 --> 00:15:58.815 for women who may have large breasts and
NOTE Confidence: 0.8523775

00:15:58.815 --> 00:16:01.223 who may have wanted a breast reduction,
NOTE Confidence: 0.8523775

00:16:01.230 --> 00:16:03.390 but I'm sure that a lot of our
NOTE Confidence: 0.8523775

00:16:03.390 --> 00:16:05.032 listeners may be wondering well
NOTE Confidence: 0.8523775

00:16:05.032 --> 00:16:07.114 what happens to the other breast.
NOTE Confidence: 0.8523775

00:16:07.120 --> 00:16:08.670 Nobody wants to be lopsided.
NOTE Confidence: 0.85556203

00:16:10.890 --> 00:16:13.543 Exactly, so these techniques can be
NOTE Confidence: 0.85556203

00:16:13.543 --> 00:16:16.294 used for women who have large breasts
NOTE Confidence: 0.85556203

00:16:16.294 --> 00:16:18.610 to reduce the breast and reshape
NOTE Confidence: 0.85556203

00:16:18.680 --> 00:16:21.333 the breast with a procedure for the
NOTE Confidence: 0.85556203

00:16:21.333 --> 00:16:23.302 opposite breast to provide symmetry.
NOTE Confidence: 0.85556203

00:16:23.302 --> 00:16:26.214 And again, symmetry is one of the
NOTE Confidence: 0.85556203

00:16:26.214 --> 00:16:28.444 principles of a good outcome from
NOTE Confidence: 0.85556203

00:16:28.444 --> 00:16:30.189 from one of these operations.

NOTE Confidence: 0.85556203

00:16:30.190 --> 00:16:33.222 For women who have a size and shape

NOTE Confidence: 0.85556203

00:16:33.222 --> 00:16:36.077 of breasts that they like and would

NOTE Confidence: 0.85556203

00:16:36.077 --> 00:16:38.690 like to maintain that we have

NOTE Confidence: 0.85556203

00:16:38.690 --> 00:16:41.230 ways of performing a lumpectomy

NOTE Confidence: 0.85556203

00:16:41.230 --> 00:16:43.526 where we can reshape the breast.

NOTE Confidence: 0.85556203

00:16:43.530 --> 00:16:45.833 Make sure the nipple and the areola

NOTE Confidence: 0.85556203

00:16:45.833 --> 00:16:48.714 stays in the middle of the breast and

NOTE Confidence: 0.85556203

00:16:48.714 --> 00:16:51.170 also provide a good cosmetic outcome.

NOTE Confidence: 0.85556203

00:16:51.170 --> 00:16:53.610 And for women where the amount of tissue

NOTE Confidence: 0.85556203

00:16:53.610 --> 00:16:56.165 that we need to remove from the breast

NOTE Confidence: 0.85556203

00:16:56.165 --> 00:16:58.855 in order to remove the cancer with a

NOTE Confidence: 0.85556203

00:16:58.855 --> 00:17:00.919 clear margin may create a deformity,

NOTE Confidence: 0.85556203

00:17:00.920 --> 00:17:02.240 a loss of volume,

NOTE Confidence: 0.85556203

00:17:02.240 --> 00:17:04.220 we can often provide other techniques

NOTE Confidence: 0.85556203

00:17:04.286 --> 00:17:06.449 to help restore some of that volume,

NOTE Confidence: 0.85556203

00:17:06.450 --> 00:17:08.508 whether it's using a small flap from
NOTE Confidence: 0.85556203

00:17:08.508 --> 00:17:11.230 the side of their chest wall or using
NOTE Confidence: 0.85556203

00:17:11.230 --> 00:17:13.005 something called fat grafting to
NOTE Confidence: 0.85556203

00:17:13.073 --> 00:17:15.215 help fill in that defect to
NOTE Confidence: 0.8361564

00:17:17.360 --> 00:17:19.747 restore the volume to that breast
NOTE Confidence: 0.8361564

00:17:19.747 --> 00:17:22.686 to create a better cosmetic outcome so
NOTE Confidence: 0.8361564

00:17:22.686 --> 00:17:25.452 we can address all three possibilities
NOTE Confidence: 0.8361564

00:17:25.531 --> 00:17:28.156 using these oncoplastic techniques.
NOTE Confidence: 0.8504358

00:17:28.920 --> 00:17:31.734 So the concept of fat grafting
NOTE Confidence: 0.8504358

00:17:31.734 --> 00:17:33.997 sounds really interesting and I'm sure
NOTE Confidence: 0.8504358

00:17:33.997 --> 00:17:36.293 a lot of our listeners are thinking,
NOTE Confidence: 0.8504358

00:17:36.300 --> 00:17:38.145 I've got plenty of
NOTE Confidence: 0.8504358

00:17:38.145 --> 00:17:40.360 fat to move around. How
NOTE Confidence: 0.8504358

00:17:40.360 --> 00:17:42.726 exactly does that work so that the
NOTE Confidence: 0.8504358

00:17:42.726 --> 00:17:45.066 fat grafting is a technique that
NOTE Confidence: 0.8504358

00:17:45.066 --> 00:17:47.161 uses fat tissue that's harvested

NOTE Confidence: 0.8504358

00:17:47.161 --> 00:17:49.218 from another area of the body,

NOTE Confidence: 0.8504358

00:17:49.220 --> 00:17:51.060 just like in a liposuction.

NOTE Confidence: 0.8504358

00:17:51.060 --> 00:17:53.601 That issue is then processed to remove

NOTE Confidence: 0.8504358

00:17:53.601 --> 00:17:56.586 all of the other debris and to enrich

NOTE Confidence: 0.8504358

00:17:56.586 --> 00:17:59.670 it for those fat cells that are viable.

NOTE Confidence: 0.8504358

00:17:59.670 --> 00:18:02.904 That can act as a tissue graft.

NOTE Confidence: 0.8504358

00:18:02.910 --> 00:18:04.530 The lumpectomy is performed,

NOTE Confidence: 0.8504358

00:18:04.530 --> 00:18:07.790 and we'll leave clips to mark the cavity,

NOTE Confidence: 0.8504358

00:18:07.790 --> 00:18:10.639 so we know where the tumor was.

NOTE Confidence: 0.8504358

00:18:10.640 --> 00:18:12.268 We will mobilize the breast

NOTE Confidence: 0.8504358

00:18:12.268 --> 00:18:14.303 tissue to close that defect,

NOTE Confidence: 0.8504358

00:18:14.310 --> 00:18:19.764 and so the area where the cancer was,

NOTE Confidence: 0.8504358

00:18:19.770 --> 00:18:22.262 the integrity of that space is maintained

NOTE Confidence: 0.8504358

00:18:22.262 --> 00:18:25.280 for the focus for the radiation oncologist.

NOTE Confidence: 0.8504358

00:18:25.280 --> 00:18:27.476 The fat graft is then added

NOTE Confidence: 0.8504358

00:18:27.476 --> 00:18:28.940 to an area nearby,
NOTE Confidence: 0.8504358

00:18:28.940 --> 00:18:30.448 not in that cavity,
NOTE Confidence: 0.8504358

00:18:30.448 --> 00:18:33.127 but in the other surrounding tissue to
NOTE Confidence: 0.8504358

00:18:33.127 --> 00:18:35.528 help restore the volume in that area
NOTE Confidence: 0.8504358

00:18:35.530 --> 00:18:38.458 to create a good contour to the breast.
NOTE Confidence: 0.87981576

00:18:40.570 --> 00:18:43.978 And is that done before or after radiation?
NOTE Confidence: 0.87981576

00:18:43.980 --> 00:18:46.808 Because many of our listeners who may
NOTE Confidence: 0.87981576

00:18:46.808 --> 00:18:49.649 have gone through this experience or know
NOTE Confidence: 0.87981576

00:18:49.649 --> 00:18:52.529 somebody who has questions
NOTE Confidence: 0.87981576

00:18:52.529 --> 00:18:55.819 about how the radiation can really affect
NOTE Confidence: 0.87981576

00:18:55.819 --> 00:18:58.890 the cosmetic outcome of the breast itself.
NOTE Confidence: 0.8761075

00:18:59.520 --> 00:19:01.168 That's an excellent question.
NOTE Confidence: 0.8761075

00:19:01.168 --> 00:19:03.228 After partial mastectomy or lumpectomy,
NOTE Confidence: 0.8761075

00:19:03.230 --> 00:19:05.594 radiation is usually part of the
NOTE Confidence: 0.8761075

00:19:05.594 --> 00:19:07.670 treatment plan to help reduce
NOTE Confidence: 0.8761075

00:19:07.670 --> 00:19:09.815 the risk of local recurrence.

NOTE Confidence: 0.8761075

00:19:09.820 --> 00:19:11.468 Radiation itself will shrink

NOTE Confidence: 0.8761075

00:19:11.468 --> 00:19:13.940 the breast by 10 to 15%.

NOTE Confidence: 0.8761075

00:19:13.940 --> 00:19:17.648 It can also make the breast be more uplifted,

NOTE Confidence: 0.8761075

00:19:17.650 --> 00:19:20.150 again creating a problem of

NOTE Confidence: 0.8761075

00:19:20.150 --> 00:19:22.650 symmetry with the other side.

NOTE Confidence: 0.8761075

00:19:22.650 --> 00:19:25.068 The initial studies that looked

NOTE Confidence: 0.8761075

00:19:25.068 --> 00:19:28.247 at fat grafting as a way of adding

NOTE Confidence: 0.8761075

00:19:28.247 --> 00:19:30.479 volume to the lumpectomy site and

NOTE Confidence: 0.8761075

00:19:30.563 --> 00:19:33.148 providing symmetry for the breast

NOTE Confidence: 0.8761075

00:19:33.150 --> 00:19:35.820 the fat grafting was often

NOTE Confidence: 0.8761075

00:19:35.820 --> 00:19:37.956 done after radiation therapy.

NOTE Confidence: 0.8761075

00:19:37.960 --> 00:19:40.288 Newer studies have suggested that it's

NOTE Confidence: 0.8761075

00:19:40.288 --> 00:19:42.896 both effective and safe to do fat

NOTE Confidence: 0.8761075

00:19:42.896 --> 00:19:45.213 grafting at the time of partial mastectomy,

NOTE Confidence: 0.8761075

00:19:45.220 --> 00:19:47.035 and that the cancer

NOTE Confidence: 0.8761075

00:19:47.035 --> 00:19:48.850 outcomes are still quite good.
NOTE Confidence: 0.8761075

00:19:48.850 --> 00:19:50.665 Again, we need long-term data
NOTE Confidence: 0.8761075

00:19:50.665 --> 00:19:52.480 to know know for sure,
NOTE Confidence: 0.8761075

00:19:52.480 --> 00:19:54.972 but the most studies with five year
NOTE Confidence: 0.8761075

00:19:54.972 --> 00:19:57.226 follow up data suggests that that's
NOTE Confidence: 0.8761075

00:19:57.226 --> 00:20:00.180 a very safe way to help provide symmetry
NOTE Confidence: 0.8761075

00:20:03.554 --> 00:20:05.874 that can come from
NOTE Confidence: 0.8761075

00:20:05.874 --> 00:20:08.130 removing that much volume in a
NOTE Confidence: 0.8630437

00:20:08.130 --> 00:20:10.741 breast.
NOTE Confidence: 0.8630437

00:20:10.741 --> 00:20:13.076 The other question that people may ask is
NOTE Confidence: 0.8630437

00:20:13.076 --> 00:20:14.716 liposuction for many people's insurance
NOTE Confidence: 0.8630437

00:20:14.716 --> 00:20:16.719 is considered a cosmetic procedure.
NOTE Confidence: 0.8630437

00:20:16.720 --> 00:20:19.576 And while people may say you know what,
NOTE Confidence: 0.8630437

00:20:19.580 --> 00:20:22.658 I've got plenty of fat that you can take
NOTE Confidence: 0.8630437

00:20:22.658 --> 00:20:25.690 off my hips and my thighs and my belly
NOTE Confidence: 0.8630437

00:20:25.690 --> 00:20:28.529 and use that for your fat grafting,

NOTE Confidence: 0.8630437

00:20:28.530 --> 00:20:33.075 in fact, you can take a little bit more.

NOTE Confidence: 0.8630437

00:20:33.080 --> 00:20:35.234 Many may be asking the question

NOTE Confidence: 0.8630437

00:20:35.234 --> 00:20:37.460 is that covered by insurance?

NOTE Confidence: 0.8747233125

00:20:39.180 --> 00:20:42.188 This is always something that we

NOTE Confidence: 0.8747233125

00:20:42.188 --> 00:20:45.828 want to address before we do our operation,

NOTE Confidence: 0.8747233125

00:20:45.830 --> 00:20:48.326 and many of these techniques we have pre

NOTE Confidence: 0.8747233125

00:20:48.326 --> 00:20:50.513 certified we sent to the insurance company

NOTE Confidence: 0.8747233125

00:20:50.513 --> 00:20:53.489 ahead of time to make sure that it will

NOTE Confidence: 0.8747233125

00:20:53.489 --> 00:20:55.254 be covered under patients insurance.

NOTE Confidence: 0.8747233125

00:20:55.260 --> 00:20:56.885 So this is a reconstructive

NOTE Confidence: 0.8747233125

00:20:56.885 --> 00:20:58.510 technique like any other technique,

NOTE Confidence: 0.8747233125

00:20:58.510 --> 00:21:00.358 is a reconstruction technique and

NOTE Confidence: 0.8747233125

00:21:00.358 --> 00:21:02.729 those are covered by most insurance plans,

NOTE Confidence: 0.8747233125

00:21:02.730 --> 00:21:05.201 so it's something that we always want

NOTE Confidence: 0.8747233125

00:21:05.201 --> 00:21:07.828 to make sure is covered by insurance

NOTE Confidence: 0.8747233125

00:21:07.828 --> 00:21:10.500 before we go to the operating room
00:21:10.940 --> 00:21:14.476 so that people don't have any surprise bills,
NOTE Confidence: 0.87493855
00:21:14.480 --> 00:21:16.248 because that's certainly something
NOTE Confidence: 0.87493855
00:21:16.248 --> 00:21:18.900 that we want to avoid.
NOTE Confidence: 0.87493855
00:21:18.900 --> 00:21:21.378 The other technique that you had
NOTE Confidence: 0.87493855
00:21:21.378 --> 00:21:23.496 mentioned was that oncoplastics
NOTE Confidence: 0.87493855
00:21:23.496 --> 00:21:25.842 can also be used after mastectomy
NOTE Confidence: 0.87493855
00:21:25.842 --> 00:21:28.180 in terms of reconstruction.
NOTE Confidence: 0.87493855
00:21:28.180 --> 00:21:32.158 So tell us a little bit more about that.
NOTE Confidence: 0.86133903
00:21:32.960 --> 00:21:35.578 Well, the thought of
NOTE Confidence: 0.86133903
00:21:35.578 --> 00:21:37.819 oncoplastics and mastectomy is that we
NOTE Confidence: 0.86133903
00:21:37.819 --> 00:21:39.913 want to have options for reconstruction
NOTE Confidence: 0.86133903
00:21:39.913 --> 00:21:42.506 after that procedure and initial
NOTE Confidence: 0.86133903
00:21:42.506 --> 00:21:44.678 reconstruction options included implant
NOTE Confidence: 0.86133903
00:21:44.678 --> 00:21:47.252 based reconstruction or tissue based
NOTE Confidence: 0.86133903
00:21:47.252 --> 00:21:50.216 reconstruction where we use the patients
NOTE Confidence: 0.86133903

00:21:50.216 --> 00:21:52.941 own tissue like from their abdominal
NOTE Confidence: 0.86133903

00:21:52.941 --> 00:21:56.079 wall to recreate a new breast.
NOTE Confidence: 0.86133903

00:21:56.080 --> 00:21:58.030 And so our techniques have developed
NOTE Confidence: 0.86133903

00:21:58.030 --> 00:22:01.305 both in terms of how we do our initial
NOTE Confidence: 0.86133903

00:22:01.305 --> 00:22:03.210 mastectomy and how those reconstructions
NOTE Confidence: 0.86133903

00:22:03.273 --> 00:22:05.205 are done to make sure that women
NOTE Confidence: 0.86133903

00:22:05.205 --> 00:22:06.830 get the best possible outcome.
NOTE Confidence: 0.86133903

00:22:06.830 --> 00:22:09.595 One of the newer innovations in this
NOTE Confidence: 0.86133903

00:22:09.595 --> 00:22:12.009 area is nipple sparing mastectomy,
NOTE Confidence: 0.86133903

00:22:12.010 --> 00:22:14.290 where instead of removing the skin
NOTE Confidence: 0.86133903

00:22:14.290 --> 00:22:16.562 and the nipple areolar complex at
NOTE Confidence: 0.86133903

00:22:16.562 --> 00:22:18.949 the time that we do the mastectomy,
NOTE Confidence: 0.86133903

00:22:18.950 --> 00:22:21.140 we preserve the entire skin pocket,
NOTE Confidence: 0.86133903

00:22:21.140 --> 00:22:23.288 including the nipple.
NOTE Confidence: 0.86133903

00:22:23.290 --> 00:22:25.738 This technique developed in the early
NOTE Confidence: 0.86133903

00:22:25.738 --> 00:22:29.130 2000s and we really used it mostly for

NOTE Confidence: 0.86133903

00:22:29.130 --> 00:22:31.240 preventive surgeries and then started

NOTE Confidence: 0.86133903

00:22:31.240 --> 00:22:34.389 to use it for cancer patients who had

NOTE Confidence: 0.86133903

00:22:34.389 --> 00:22:37.570 small cancers that were not near the nipple

NOTE Confidence: 0.86133903

00:22:37.570 --> 00:22:38.404 areolar complex.

NOTE Confidence: 0.86133903

00:22:38.404 --> 00:22:41.740 We now will use these for many mastectomies

NOTE Confidence: 0.86133903

00:22:41.812 --> 00:22:44.143 about half of the mastectomies that I

NOTE Confidence: 0.86133903

00:22:44.143 --> 00:22:46.597 do when we do immediate reconstruction

NOTE Confidence: 0.86133903

00:22:46.597 --> 00:22:49.351 are now nipple sparing because we

NOTE Confidence: 0.86133903

00:22:49.351 --> 00:22:51.478 have found that it's safe,

NOTE Confidence: 0.86133903

00:22:51.478 --> 00:22:54.350 we're able to very carefully remove the

NOTE Confidence: 0.86133903

00:22:54.350 --> 00:22:56.226 breast tissue all the way up into

NOTE Confidence: 0.86133903

00:22:56.226 --> 00:22:57.736 the nipple while preserving the

NOTE Confidence: 0.86133903

00:22:57.736 --> 00:22:59.346 blood supply to the nipple

NOTE Confidence: 0.86133903

00:22:59.350 --> 00:23:01.718 to make this be a very effective way

NOTE Confidence: 0.86133903

00:23:01.718 --> 00:23:04.305 to perform mastectomy and to give the

NOTE Confidence: 0.86133903

00:23:04.305 --> 00:23:06.230 patient the best possible outcome.
NOTE Confidence: 0.86133903

00:23:06.230 --> 00:23:08.340 With regards to the reconstruction,
NOTE Confidence: 0.86133903

00:23:08.340 --> 00:23:11.700 we now have better ways of placing implants.
NOTE Confidence: 0.86133903

00:23:11.700 --> 00:23:14.563 One example is placing the implant on
NOTE Confidence: 0.86133903

00:23:14.563 --> 00:23:18.020 top of the muscle of the chest wall,
NOTE Confidence: 0.86133903

00:23:18.020 --> 00:23:20.450 as opposed to putting it behind
NOTE Confidence: 0.86133903

00:23:20.450 --> 00:23:23.069 the muscle on the chest wall.
NOTE Confidence: 0.86133903

00:23:23.070 --> 00:23:26.220 And new types of tissue reconstruction
NOTE Confidence: 0.86133903

00:23:26.220 --> 00:23:28.912 that create tissue flaps to remake
NOTE Confidence: 0.86133903

00:23:28.912 --> 00:23:31.859 a breast that don't require us to mobilize
NOTE Confidence: 0.86133903

00:23:31.933 --> 00:23:34.565 any muscle and the outcomes from those
NOTE Confidence: 0.86133903

00:23:34.565 --> 00:23:36.984 are much better for patients.
NOTE Confidence: 0.86133903

00:23:36.984 --> 00:23:39.124 With less disability after surgery.
NOTE Confidence: 0.8827531

00:23:40.190 --> 00:23:42.410 So let's let's dig a little
NOTE Confidence: 0.8827531

00:23:42.410 --> 00:23:43.890 bit deeper into that.
NOTE Confidence: 0.8827531

00:23:43.890 --> 00:23:46.218 So are there patients for whom

NOTE Confidence: 0.8827531

00:23:46.218 --> 00:23:47.770 nipple mastectomy, nipple sparing

NOTE Confidence: 0.8827531

00:23:47.837 --> 00:23:49.805 mastectomy is not a good option?

NOTE Confidence: 0.8432703

00:23:50.410 --> 00:23:53.713 Yes, the extent of cancer really tells us

NOTE Confidence: 0.8432703

00:23:53.713 --> 00:23:57.435 if we are able to preserve the nipple or not.

NOTE Confidence: 0.8432703

00:23:57.440 --> 00:24:00.400 So anyone who has a very large tumor,

NOTE Confidence: 0.8432703

00:24:00.400 --> 00:24:03.360 a tumor that extends close to the nipple

NOTE Confidence: 0.8432703

00:24:03.360 --> 00:24:06.136 areolar complex, any tumor that pulls on the

NOTE Confidence: 0.8432703

00:24:06.136 --> 00:24:08.976 nipple and causes the nipple to be retracted

NOTE Confidence: 0.8432703

00:24:08.976 --> 00:24:11.499 or is associated with nipple discharge,

NOTE Confidence: 0.8432703

00:24:11.500 --> 00:24:13.915 these are not patients who would

NOTE Confidence: 0.8432703

00:24:13.915 --> 00:24:16.310 be a candidate for nipple sparing

NOTE Confidence: 0.8432703

00:24:16.310 --> 00:24:17.830 mastectomy. Certainly patients who

NOTE Confidence: 0.8432703

00:24:17.830 --> 00:24:20.657 have a very aggressive form of cancer

NOTE Confidence: 0.8432703

00:24:20.657 --> 00:24:22.577 called inflammatory breast cancer,

NOTE Confidence: 0.8432703

00:24:22.580 --> 00:24:25.023 these patients would not be a candidate

NOTE Confidence: 0.8432703

00:24:25.023 --> 00:24:26.800 for nipple sparing mastectomy.
NOTE Confidence: 0.8432703

00:24:26.800 --> 00:24:28.720 The other group of patients
NOTE Confidence: 0.8432703

00:24:28.720 --> 00:24:31.600 we have to think about are patients who might
NOTE Confidence: 0.8432703

00:24:31.600 --> 00:24:34.100 require radiation therapy after mastectomy.
NOTE Confidence: 0.8432703

00:24:34.100 --> 00:24:36.020 These are patients who will
NOTE Confidence: 0.8432703

00:24:36.020 --> 00:24:38.384 have either very large tumors or
NOTE Confidence: 0.8432703

00:24:38.384 --> 00:24:40.239 who have positive lymph nodes,
NOTE Confidence: 0.8432703

00:24:40.240 --> 00:24:42.935 meaning that there is cancer that is
NOTE Confidence: 0.8432703

00:24:42.935 --> 00:24:45.896 found in their axillary lymph nodes either
NOTE Confidence: 0.8432703

00:24:45.896 --> 00:24:49.390 before surgery or at the time of surgery.
NOTE Confidence: 0.8432703

00:24:49.390 --> 00:24:51.862 We know that those women will
NOTE Confidence: 0.8432703

00:24:51.862 --> 00:24:53.510 be offered radiation therapy.
NOTE Confidence: 0.8432703

00:24:53.510 --> 00:24:56.303 And we often don't want to perform
NOTE Confidence: 0.8432703

00:24:56.303 --> 00:24:58.050 an immediate reconstruction and
NOTE Confidence: 0.8432703

00:24:58.050 --> 00:24:59.958 then radiate that reconstruction.
NOTE Confidence: 0.8432703

00:24:59.960 --> 00:25:02.784 So it's a complex set of criteria for

NOTE Confidence: 0.8432703

00:25:02.784 --> 00:25:05.775 those women who would be a candidate

NOTE Confidence: 0.8432703

00:25:05.775 --> 00:25:07.539 for nipple sparing mastectomy.

NOTE Confidence: 0.8432703

00:25:07.540 --> 00:25:10.347 These are often women with early stage

NOTE Confidence: 0.8432703

00:25:10.347 --> 00:25:13.114 disease with tumors that are small and

NOTE Confidence: 0.8432703

00:25:13.114 --> 00:25:15.352 not near the nipple areolar complex

NOTE Confidence: 0.8432703

00:25:15.428 --> 00:25:18.284 who will most likely not need radiation

NOTE Confidence: 0.8432703

00:25:18.284 --> 00:25:19.908 therapy after their mastectomy.

NOTE Confidence: 0.8432703

00:25:19.908 --> 00:25:22.296 Those are the best candidates for

NOTE Confidence: 0.8432703

00:25:22.296 --> 00:25:23.092 the operation.

NOTE Confidence: 0.86883634

00:25:23.820 --> 00:25:25.404 And what about

NOTE Confidence: 0.86883634

00:25:25.404 --> 00:25:29.098 the size of the breast as well?

NOTE Confidence: 0.86883634

00:25:29.100 --> 00:25:31.700 I mean when we were

NOTE Confidence: 0.86883634

00:25:31.700 --> 00:25:33.347 talking about breast conserving

NOTE Confidence: 0.86883634

00:25:33.347 --> 00:25:36.125 surgery that for some patients they

NOTE Confidence: 0.86883634

00:25:36.125 --> 00:25:38.439 actually want a breast reduction.

NOTE Confidence: 0.86883634

00:25:38.440 --> 00:25:40.876 So in a patient who chooses
NOTE Confidence: 0.86883634

00:25:40.876 --> 00:25:42.500 to have a mastectomy,
NOTE Confidence: 0.86883634

00:25:42.500 --> 00:25:46.145 but wants the breast to be smaller or lifted,
NOTE Confidence: 0.86883634

00:25:46.150 --> 00:25:47.774 are those patients ideal
NOTE Confidence: 0.86883634

00:25:47.774 --> 00:25:49.398 candidates for nipple sparing,
NOTE Confidence: 0.86883634

00:25:49.400 --> 00:25:51.638 mastectomy or are there other techniques
NOTE Confidence: 0.86883634

00:25:51.638 --> 00:25:54.269 that you use in that population?
NOTE Confidence: 0.9094514

00:25:54.700 --> 00:25:57.440 That's a great question.
NOTE Confidence: 0.9094514

00:25:57.440 --> 00:25:59.045 The initial use of nipple
NOTE Confidence: 0.9094514

00:25:59.045 --> 00:26:00.650 sparing mastectomy was for women
NOTE Confidence: 0.9094514

00:26:00.715 --> 00:26:02.379 with relatively small breasts,
NOTE Confidence: 0.9094514

00:26:02.380 --> 00:26:04.683 A-C Cup or smaller who didn't have
NOTE Confidence: 0.9094514

00:26:04.683 --> 00:26:07.320 a lot of droop to the breast.
NOTE Confidence: 0.9094514

00:26:07.320 --> 00:26:09.354 So the nipple areolar complex was
NOTE Confidence: 0.9094514

00:26:09.354 --> 00:26:12.269 kind of in the middle of the breast.
NOTE Confidence: 0.9094514

00:26:12.270 --> 00:26:14.490 We know that the important component

NOTE Confidence: 0.9094514

00:26:14.490 --> 00:26:16.646 for healing from this surgery is

NOTE Confidence: 0.9094514

00:26:16.646 --> 00:26:18.788 to make sure that there is good

NOTE Confidence: 0.9094514

00:26:18.788 --> 00:26:21.010 blood supply to the nipple areolar

NOTE Confidence: 0.9094514

00:26:21.010 --> 00:26:22.860 complex and that blood supply

NOTE Confidence: 0.9094514

00:26:22.860 --> 00:26:25.324 comes from the top of the breast,

NOTE Confidence: 0.9094514

00:26:25.330 --> 00:26:27.864 so the farther the nipple is away

NOTE Confidence: 0.9094514

00:26:27.870 --> 00:26:30.766 from the collarbone,

NOTE Confidence: 0.9094514

00:26:30.770 --> 00:26:33.367 we know the longer distance the blood

NOTE Confidence: 0.9094514

00:26:33.367 --> 00:26:36.576 has to move to get to the nipple,

NOTE Confidence: 0.9094514

00:26:36.580 --> 00:26:38.650 so the bigger the breast and

NOTE Confidence: 0.9094514

00:26:38.650 --> 00:26:40.939 the more droop to the breast,

NOTE Confidence: 0.9094514

00:26:40.940 --> 00:26:43.706 the more risky that procedure is.

NOTE Confidence: 0.9094514

00:26:43.710 --> 00:26:45.782 And so there are things that can

NOTE Confidence: 0.9094514

00:26:45.782 --> 00:26:47.989 be done to help address that.

NOTE Confidence: 0.9094514

00:26:47.990 --> 00:26:50.027 For women who have large breasts or

NOTE Confidence: 0.9094514

00:26:50.027 --> 00:26:52.339 for women who have droop to their
NOTE Confidence: 0.9094514

00:26:52.339 --> 00:26:54.059 breasts and that includes things
NOTE Confidence: 0.9094514

00:26:54.059 --> 00:26:56.206 like using a wise pattern incision,
NOTE Confidence: 0.9094514

00:26:56.210 --> 00:26:58.198 which is a incision that will often
NOTE Confidence: 0.9094514

00:26:58.198 --> 00:27:00.314 use for a breast reduction and
NOTE Confidence: 0.9094514

00:27:00.314 --> 00:27:02.702 then performing a free nipple graft
NOTE Confidence: 0.9094514

00:27:02.702 --> 00:27:04.916 taking the nipple and moving it back
NOTE Confidence: 0.9094514

00:27:04.916 --> 00:27:07.792 to a better spot that can be used
NOTE Confidence: 0.9094514

00:27:07.792 --> 00:27:10.360 in the setting of a mastectomy.
NOTE Confidence: 0.9094514

00:27:10.360 --> 00:27:12.547 So there are a number of
NOTE Confidence: 0.9094514

00:27:12.547 --> 00:27:14.546 other techniques that can be used to
NOTE Confidence: 0.9094514

00:27:14.546 --> 00:27:16.789 help reduce the size of the skin pocket.
NOTE Confidence: 0.9094514

00:27:16.790 --> 00:27:18.524 Make the breast smaller and move
NOTE Confidence: 0.9094514

00:27:18.524 --> 00:27:19.963 the nipple areolar complex back
NOTE Confidence: 0.9094514

00:27:19.963 --> 00:27:21.349 to the center of the breast.
NOTE Confidence: 0.87586194

00:27:22.710 --> 00:27:25.680 So, that sounds like a number

NOTE Confidence: 0.87586194

00:27:25.680 --> 00:27:28.654 of tools in the toolbox to really help

NOTE Confidence: 0.87586194

00:27:28.654 --> 00:27:31.363 women to maintain the cosmetic

NOTE Confidence: 0.87586194

00:27:31.363 --> 00:27:34.350 look of the breast the way that they

NOTE Confidence: 0.87586194

00:27:34.350 --> 00:27:37.518 would like it to be either the way that

NOTE Confidence: 0.87586194

00:27:37.518 --> 00:27:40.150 it is now that they are happy with

NOTE Confidence: 0.87586194

00:27:40.150 --> 00:27:43.148 or even better than it is currently.

NOTE Confidence: 0.87586194

00:27:43.150 --> 00:27:45.635 But one question that people may

NOTE Confidence: 0.87586194

00:27:45.635 --> 00:27:48.259 ask is, if you save the nipple,

NOTE Confidence: 0.87586194

00:27:48.260 --> 00:27:49.908 will it still function?

NOTE Confidence: 0.87586194

00:27:49.908 --> 00:27:52.380 Or is it really

NOTE Confidence: 0.87586194

00:27:52.380 --> 00:27:54.348 more for cosmetics?

NOTE Confidence: 0.8757649

00:27:55.400 --> 00:27:57.932 That's an excellent question

NOTE Confidence: 0.8757649

00:27:57.932 --> 00:28:00.893 because it's hard to describe to patients

NOTE Confidence: 0.8757649

00:28:00.893 --> 00:28:03.299 ahead of time what this operation

NOTE Confidence: 0.8757649

00:28:03.299 --> 00:28:05.880 is going to feel like afterwards,

NOTE Confidence: 0.8757649

00:28:05.880 --> 00:28:09.080 so the loss of sensation in the nipple
NOTE Confidence: 0.8757649

00:28:09.080 --> 00:28:11.679 areolar complex is expected about 10
NOTE Confidence: 0.8757649

00:28:11.679 --> 00:28:14.259 based on the surgical technique used,
NOTE Confidence: 0.8757649

00:28:14.260 --> 00:28:18.026 about 10% of women 10 to 15% will have
NOTE Confidence: 0.8757649

00:28:18.026 --> 00:28:20.952 sensation in the nipple after the operation.
NOTE Confidence: 0.8757649

00:28:20.960 --> 00:28:23.924 Most women will not have sensation
NOTE Confidence: 0.8757649

00:28:23.924 --> 00:28:25.406 in the nipple.
NOTE Confidence: 0.8757649

00:28:25.410 --> 00:28:27.366 But the appearance of the breast
NOTE Confidence: 0.8757649

00:28:27.366 --> 00:28:29.440 is more like their own breast,
NOTE Confidence: 0.8757649

00:28:29.440 --> 00:28:31.505 and so that is often the
NOTE Confidence: 0.8757649

00:28:31.505 --> 00:28:33.469 real benefit to this operation.
NOTE Confidence: 0.8757649

00:28:33.470 --> 00:28:35.486 It feels more like their breast,
NOTE Confidence: 0.8757649

00:28:35.490 --> 00:28:37.398 so even though they may not
NOTE Confidence: 0.8757649

00:28:37.398 --> 00:28:39.190 have sensation in the nipple,
NOTE Confidence: 0.8757649

00:28:39.190 --> 00:28:41.200 they have appreciation that the breast
NOTE Confidence: 0.8757649

00:28:41.200 --> 00:28:42.548 looks like their breast.

NOTE Confidence: 0.88073176

00:28:43.300 --> 00:28:45.700 Doctor Melanie Lynch is an assistant

NOTE Confidence: 0.88073176

00:28:45.700 --> 00:28:47.300 professor of surgical oncology

NOTE Confidence: 0.88073176

00:28:47.366 --> 00:28:49.220 at the Yale School of Medicine.

NOTE Confidence: 0.88073176

00:28:49.220 --> 00:28:50.704 If you have questions,

NOTE Confidence: 0.88073176

00:28:50.704 --> 00:28:52.188 the address is canceranswers@yale.edu

NOTE Confidence: 0.88073176

00:28:52.188 --> 00:28:54.238 and past editions of the program

NOTE Confidence: 0.88073176

00:28:54.238 --> 00:28:56.110 are available in audio and written

NOTE Confidence: 0.88073176

00:28:56.168 --> 00:28:57.728 form at yalecancercenter.org.

NOTE Confidence: 0.88073176

00:28:57.730 --> 00:29:00.570 We hope you'll join us next week to

NOTE Confidence: 0.88073176

00:29:00.570 --> 00:29:03.340 learn more about the fight against

NOTE Confidence: 0.88073176

00:29:03.340 --> 00:29:06.304 cancer here on Connecticut Public Radio.